
Physical Activity

Definition: Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

Prevalence of No Leisure Time Physical Activity

- South Dakota 19.0%
- Nationwide median 22.8%

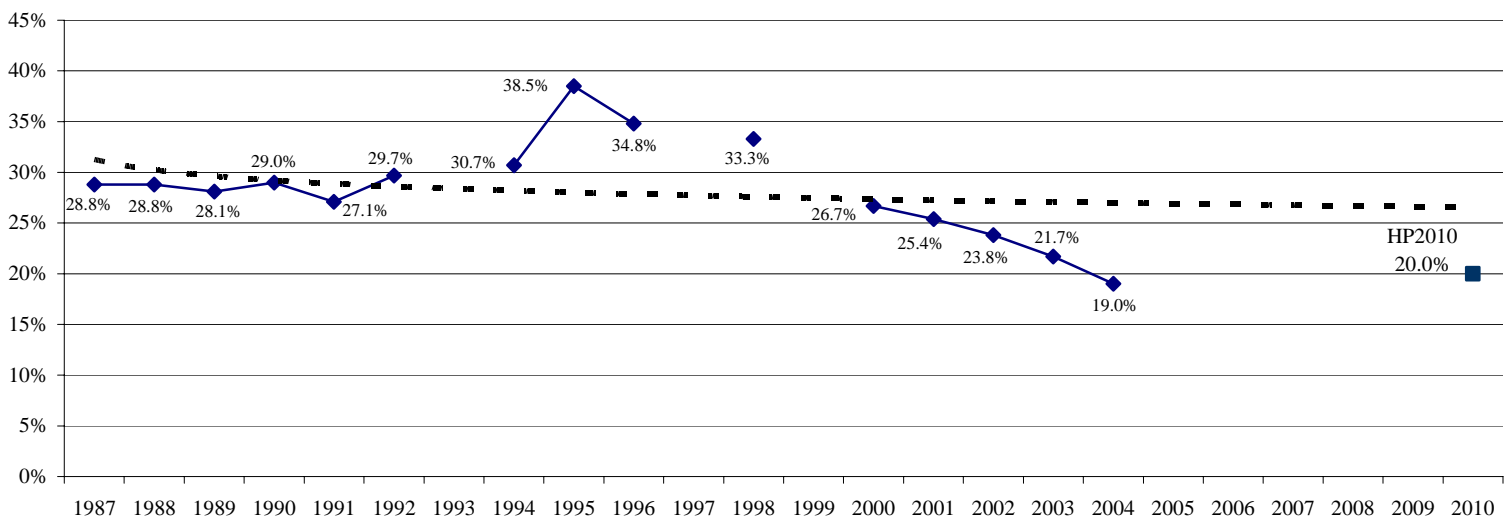
Healthy People 2010 Objective

Reduce the proportion of adults who engage in no leisure time physical activity to 20 percent.

Trend Analysis

This question was first asked in 1987 and hit its peak in 1995 with 38.5 percent of the respondents stating that they did not engage in a leisure time physical activity. Since 2000, the percent of respondents who do not engage in a leisure time physical activity has been decreasing. South Dakota reached the *Healthy People 2010 Objective* of 20 percent in 2004 with 19 percent.

Figure 11
**Percent of Respondents Who Reported No Leisure Time Physical Activity,
1987-1992, 1994-1996, 1998, and 2000-2004**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1987-1992, 1994-1996, 1998, and 2000-2004

Demographics

Gender There is no significant difference between males and females overall, but there are two demographics where significant differences were observed. Males in the west region demonstrated a significantly lower prevalence of no physical activity than females, while self-employed females showed a significantly lower prevalence of no physical activity than self-employed males.

Age The prevalence of no leisure time physical activity generally increases as age increases.

Race There are no significant differences between American Indians and whites.

Region	The northeast and central regions show a very high prevalence of no leisure time physical activity, while the west region demonstrates a very low prevalence. However, it should also be noted that males in the west region exhibit a significantly lower prevalence of no physical activity than males in every other region.
Household Income	The prevalence of no leisure time physical activity generally decreases as household income increases.
Education	The prevalence of no leisure time physical activity decreases as education increases. These decreases are most evident as some high school, some post-high school, and college educations are reached.
Employment Status	Those who are unable to work exhibit a very high prevalence of no leisure time physical activity, while those who are students, unemployed, or employed for wages show a very low prevalence.
Marital Status	Those who are divorced, separated, or widowed demonstrate a significantly higher prevalence of no leisure time physical activity than those who are married or who have never been married.

Table 16
Respondents Who Reported No Leisure Time Physical Activity, 2004

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,137	19.0	(17.9-20.2)	2,522	18.1	(16.4-19.9)	3,615	19.9	(18.4-21.5)
Age									
18-24	338	13.0	(9.6-17.4)	149	7.9	(4.3-14.1)	189	18.4	(13.1-25.3)
25-34	787	11.8	(9.5-14.7)	336	10.9	(7.7-15.3)	451	12.8	(9.8-16.7)
35-44	1,034	17.1	(14.5-19.9)	430	17.6	(13.8-22.2)	604	16.5	(13.3-20.2)
45-54	1,280	20.0	(17.6-22.6)	569	22.5	(18.9-26.5)	711	17.4	(14.5-20.8)
55-64	965	21.5	(18.7-24.7)	406	20.6	(16.5-25.4)	559	22.4	(18.7-26.7)
65-74	883	27.9	(24.7-31.4)	365	31.1	(26.0-36.7)	518	25.2	(21.2-29.7)
75+	829	29.6	(26.1-33.3)	261	24.8	(19.4-31.2)	568	32.6	(28.3-37.2)
Race									
White	5,489	19.0	(17.8-20.2)	2,272	18.3	(16.5-20.2)	3,217	19.7	(18.1-21.4)
American Indian	435	19.7	(15.1-25.4)	164	15.4	(9.2-24.6)	271	23.2	(16.9-30.9)
Region									
Southeast	1,518	18.6	(16.5-20.8)	626	18.5	(15.5-22.0)	892	18.7	(16.0-21.7)
Northeast	1,392	20.7	(18.4-23.2)	559	20.3	(16.8-24.2)	833	21.1	(18.2-24.3)
Central	1,150	22.9	(20.3-25.8)	464	24.1	(20.0-28.6)	686	21.9	(18.6-25.6)
West	1,433	15.6	(13.5-18.0)	603	11.7	(9.1-14.9)	830	19.6	(16.5-23.1)
American Indian Counties	644	21.4	(17.9-25.4)	270	22.0	(16.8-28.4)	374	20.8	(16.3-26.0)
Household Income									
Less than \$10,000	307	25.9	(19.9-33.1)	*	*	*	*	*	*
\$10,000-\$14,999	369	31.3	(25.5-37.7)	102	33.1	(22.7-45.4)	267	30.3	(23.7-37.8)
\$15,000-\$19,999	507	25.9	(21.4-31.0)	189	25.0	(18.2-33.4)	318	26.6	(20.9-33.1)
\$20,000-\$24,999	673	25.8	(21.6-30.5)	262	25.4	(19.0-33.0)	411	26.2	(21.1-32.0)
\$25,000-\$34,999	983	19.8	(17.0-22.9)	435	17.7	(14.0-22.1)	548	22.1	(18.1-26.7)
\$35,000-\$49,999	1,046	16.4	(14.1-19.1)	475	15.5	(12.3-19.2)	571	17.5	(14.2-21.4)
\$50,000-\$74,999	910	14.2	(11.8-16.9)	408	15.7	(12.2-20.1)	502	12.6	(9.7-16.3)
\$75,000+	720	10.2	(8.0-12.9)	379	12.0	(8.9-16.1)	341	7.4	(5.0-11.0)
Education									
8th Grade or Less	257	40.1	(33.1-47.5)	130	36.5	(27.3-46.8)	127	45.3	(35.4-55.7)
Some High School	323	23.7	(18.4-30.0)	137	23.5	(16.2-32.8)	186	24.0	(16.8-33.0)
High School or G.E.D.	2,021	23.2	(21.1-25.5)	860	20.9	(17.9-24.3)	1,161	25.6	(22.6-28.8)
Some Post-High School	1,741	18.0	(16.0-20.2)	648	17.1	(14.0-20.7)	1,093	18.7	(16.1-21.6)
College Graduate	1,781	12.1	(10.4-14.0)	741	12.3	(9.8-15.2)	1,040	12.0	(9.8-14.6)

Table 16 (continued)									
Respondents Who Reported No Leisure Time Physical Activity, 2004									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<u>Employment Status</u>									
Employed for Wages	3,053	15.6	(14.2-17.2)	1,251	14.8	(12.6-17.2)	1,802	16.5	(14.6-18.6)
Self-employed	829	21.6	(18.6-25.0)	546	24.9	(21.0-29.2)	283	14.4	(10.3-19.8)
Unemployed	147	17.3	(10.8-26.5)	*	*	*	*	*	*
Homemaker	288	22.8	(17.4-29.3)	*	*	*	*	*	*
Student	133	10.1	(5.6-17.5)	*	*	*	*	*	*
Retired	1,499	27.1	(24.6-29.7)	528	25.5	(21.6-29.9)	971	28.2	(25.1-31.5)
Unable to Work	184	39.5	(31.2-48.5)	*	*	*	*	*	*
<u>Marital Status</u>									
Married/Unmarried Couple	3,651	18.2	(16.9-19.7)	1,573	18.5	(16.5-20.7)	2,078	17.9	(16.1-19.9)
Divorced/Separated	817	23.5	(20.1-27.2)	355	19.7	(15.5-24.8)	462	26.8	(21.9-32.4)
Widowed	889	29.4	(26.2-32.8)	163	25.9	(19.5-33.5)	726	30.2	(26.6-34.1)
Never Married	766	15.2	(12.2-18.8)	426	14.8	(11.1-19.5)	340	15.9	(11.2-22.1)

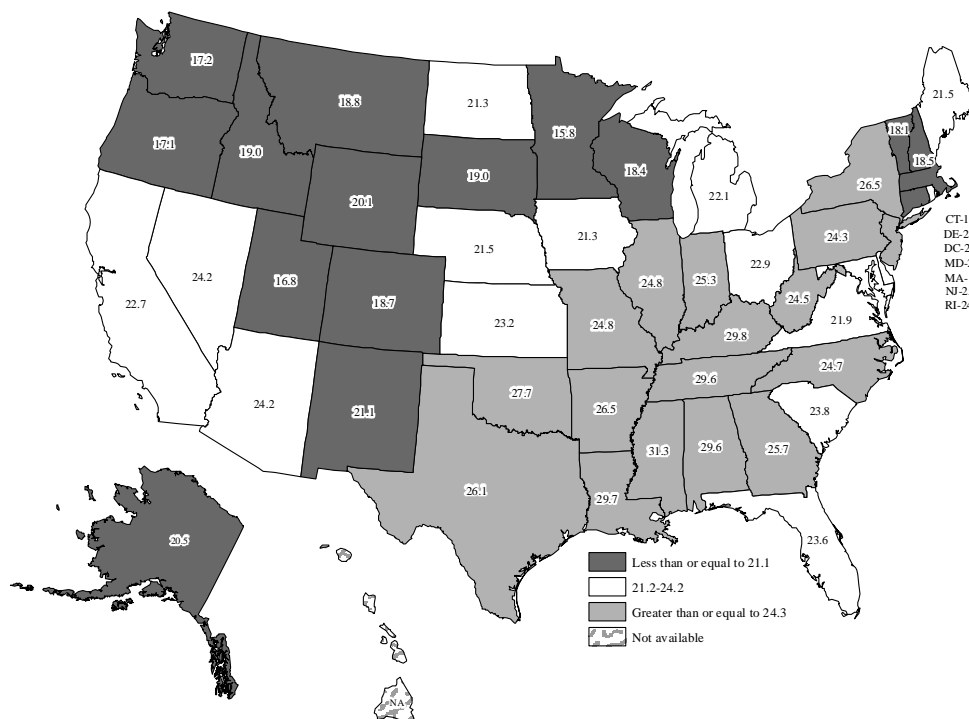
Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2004

National Statistics

The national median for respondents who reported no leisure time physical activity was 22.8 percent. South Dakota had 19 percent of respondents who reported no leisure time physical activity. Minnesota had the lowest percent of respondents who reported no leisure time physical activity with 15.8 percent, while Mississippi had the highest percent of respondents who reported no leisure time physical activity with 31.3 percent.

Figure 12
Nationally, Respondents Who Reported No Leisure Time Physical Activity, 2004



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2004

Further Analysis

Following are data illustrating the percent of those who do not engage in leisure time physical activity for various health behaviors and conditions. For example, 36.6 percent of respondents who stated they have fair or poor health have no leisure time physical activity, while 16.5 percent of respondents who stated they have excellent, very good, or good health status have no leisure time physical activity.

Table 17			
No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2004			
Health Behavior or Condition	# Respondents	% No Leisure Time Physical Activity	95% CI
Fair or Poor Health Status	955	36.6	32.9-40.5
Excellent, Very Good, or Good Health Status	5,168	16.5	15.3-17.7
Physical Health Not Good for 30 Days of the Past 30	394	42.0	36.2-48.0
Physical Health Not Good for 0-29 Days of the Past 30	5,690	17.6	16.5-18.8
Mental Health Not Good for 20-30 Days of the Past 30	347	24.5	19.3-30.4
Mental Health Not Good for 0-19 Days of the Past 30	5,728	18.6	17.4-19.8
Usual Activities Unattainable for 10-30 Days of the Past 30	394	35.3	29.8-41.2
Usual Activities Unattainable for 0-9 Days of the Past 30	5,722	17.9	16.8-19.2
Obese (BMI = 30.0+)	1,543	23.8	21.4-26.4
Overweight (BMI = 25.0-29.9)	2,266	18.2	16.4-20.2
Recommended Weight (BMI = 18.5-24.9)	2,044	16.2	14.3-18.2
Current Smoker	1,221	26.0	23.1-29.2
Former Smoker	1,606	21.6	19.4-24.1
Never Smoked	3,300	15.4	14.0-16.9
Drank Alcohol in Past 30 Days	3,281	15.8	14.4-17.3
No Alcohol in Past 30 Days	2,817	23.4	21.6-25.4
Binge Drinker	794	13.9	11.3-17.0
Not a Binge Drinker	5,285	20.0	18.7-21.3
Heavy Drinker	207	21.6	15.7-29.0
Not a Heavy Drinker	5,854	18.8	17.7-20.1
No Mammogram within Past Two Years (40+)	656	27.1	23.2-31.5
Mammogram within Past Two Years (40+)	2,004	21.3	19.3-23.4
No Clinical Breast Exam within Past Two Years	683	26.8	22.9-31.1
Clinical Breast Exam within Past Two Years	2,884	18.2	16.6-20.0
Insufficient Cervical Cancer Screening	401	28.6	23.4-34.4
Sufficient Cervical Cancer Screening	2,245	17.3	15.5-19.3
No PSA Test within Past Two Years (40+)	803	25.1	21.9-28.7
PSA Test within Past Two Years (40+)	969	20.0	17.3-23.0
No Digital Rectal Exam within Past Two Years (40+)	818	26.5	23.2-30.1
Digital Rectal Exam within Past Two Years (40+)	1,008	19.0	16.4-21.8
No Blood Stool Test within Past Two Years (50+)	2,418	26.6	24.6-28.7
Blood Stool Test within Past Two Years (50+)	887	18.9	16.2-21.9
Never Had Sigmoidoscopy or Colonoscopy (50+)	1,652	26.6	24.1-29.1
Ever Had Sigmoidoscopy or Colonoscopy (50+)	1,674	22.9	20.7-25.2
Haven't Been to the Dentist in the Past 12 Months	1,847	24.0	21.8-26.5
Been to the Dentist in the Past 12 Months	4,277	17.0	15.7-18.4
Not Taking any Precautions Against West Nile Virus	1,910	23.4	21.2-25.7
Taking Precautions Against West Nile Virus	4,058	16.9	15.6-18.3
No Health Insurance (18-64)	369	22.5	17.6-28.3
Health Insurance (18-64)	3,906	16.1	14.7-17.5

Table 17 (continued)
No Leisure Time Physical Activity for Selected Health Behaviors and Conditions, 2004

Health Behavior or Condition	# Respondents	% No Leisure Time Physical Activity	95% CI
Employer Based Health Insurance Coverage (18-64)	2,677	15.0	13.5-16.7
Private Health Insurance Plan (18-64)	531	17.5	14.1-21.5
Medicare (18-64)	117	28.4	19.9-38.7
Medicaid or Medical Assistance (18-64)	111	31.4	21.7-43.1
The Military, CHAMPUS, TriCare, or the VA (18-64)	185	15.7	10.1-23.7
The Indian Health Service (18-64)	236	16.8	11.4-24.1
No Flu Shot (65+)	419	33.2	28.1-38.7
Flu Shot (65+)	1,288	27.5	24.8-30.4
No Pneumonia Shot (65+)	579	28.9	24.8-33.4
Pneumonia Shot (65+)	1,111	28.7	25.7-31.8
Diabetes	530	27.1	22.7-31.9
No Diabetes	5,604	18.4	17.2-19.6
Current Asthma	441	20.8	16.7-25.5
Former Asthma	191	11.9	7.5-18.5
Never Had Asthma	5,481	19.2	18.0-20.5
Previously Had a Heart Attack	370	34.3	29.0-40.0
Never Had a Heart Attack	5,621	18.2	17.0-19.4
Have Angina or Coronary Heart Disease	401	28.8	23.9-34.2
Do not Have Angina or Coronary Heart Disease	5,571	18.3	17.1-19.5
Previously Had a Stroke	193	42.4	34.6-50.7
Never Had a Stroke	5,796	18.3	17.2-19.6
Physical, Mental, or Emotional Disability	1,255	30.9	27.9-34.0
No Physical, Mental, or Emotional Disability	4,806	16.7	15.4-18.0
Disability with Special Equipment Needed	449	45.0	39.3-50.8
No Disability with Special Equipment Needed	5,614	17.6	16.4-18.8
Four or More Hours of TV Watched per Day	1,424	29.3	26.6-32.2
Less Than Four Hours of TV Watched per Day	4,522	16.3	15.1-17.7
Sick from Poor Indoor Air Quality in Past Year	1,012	16.9	14.3-19.9
Not Sick from Poor Indoor Air Quality in Past Year	5,078	19.4	18.1-20.7
Sick from Outdoor Air Pollution in Past Year	425	19.2	15.0-24.3
Not Sick from Outdoor Air Pollution in Past Year	5,687	18.9	17.8-20.2
Firearm in Household	3,370	16.8	15.4-18.3
No Firearms in Household	2,532	22.2	20.2-24.3
Loaded and Unlocked Firearm in Household	274	23.0	17.7-29.4
No Loaded and Unlocked Firearms in Household	5,590	18.8	17.6-20.1
No Birth Control (females 18-44 & males 18-59)	332	19.1	14.7-24.5
Birth Control (females 18-44 & males 18-59)	1,689	15.7	13.8-17.9
Never Been Tested for HIV (18-64)	3,092	17.1	15.6-18.7
Been Tested for HIV (18-64)	1,156	15.9	13.5-18.6
Sunburn in Past 12 Months	2,172	13.0	11.5-14.8
No Sunburn in Past 12 Months	3,955	23.5	21.9-25.1
Military Veteran	1,009	21.1	18.2-24.2
Not a Military Veteran	5,114	18.6	17.4-19.9

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2004